



Bridgewater Park Facilities

| Bridgewater Park Facilities | | | |
|-----------------------------|----------------------------------|-------|------------------------|
| Park | Location | Acres | Facilities |
| Alfred S. Brown | Beach Avenue | 10 | A, B, D, E, G, I |
| Ardmaer | Old York Road | 4.78 | A, D, H |
| Bel Air | Marie Place | 1.26 | A, C, D |
| Cedarbrook | Cedarbrook Road | 5.1 | A, H, F, I |
| Chimney Rock | Chimney Rock Road | 24 | A, B, C, D, F, G, J, I |
| Crim Fields | Crim Road | 25 | E, F, I |
| Gene G. King | Frohlin Drive | 30 | F, I |
| Glen Park | Glen Road | 2.21 | A, B, C |
| Green Knoll | Garretson Road (Municipal Bldg.) | 2 | D, E, J |
| Harry Ally Memorial | Main Street to Grand Blvd. | 12 | A, B, C, D, E, G, I, J |
| KidStreet | Garretson Road (Municipal Bldg.) | 10.2 | A, J |
| North Bridge Street | North Bridge Street | 7.5 | A, D, E, J |
| Peter Par | Peter Par Road | 2.6 | A |
| Prince Rodgers Complex | Prince Rodgers Road | 10 | A, D, I, J |
| Rolling Knolls | Rolling Knolls Way | 1.7 | A, D, E |
| Shady Lane | Shady Lane | 1.2 | A, C |
| Somerville Manor | Sussex Avenue | 1.7 | A, C, D |
| Thomae | Nagle Street | 8 | A, C, D |

- A= Playground Equipment
- B= Tennis Courts
- C= Basketball Courts
- D= Ball Fields
- E= Soccer Fields
- F= Nature Trails
- G= Roller Hockey Rink
- H= Pond
- I= Walking Path
- J= Permanent Bathrooms

The Division of Parks anticipates an optimistic future in the development and acquisition of open space. The development of such facilities will assist in meeting the leisure time needs of the residents of Bridgewater. If you desire any additional information regarding the acquisition or development program or presently owned facilities, contact the Superintendent of Public Works at (908) 725-6300 ext. 309.

Tennis Court Facilities are based on first come first serve and no reservations are needed. Proper court etiquette is required...one hour notice at time of arrival if the court is in use. Bridgewater Recreation reserves the right to utilize courts for programs run through the Department.

BRIDGEWATER TOWNSHIP RECREATION

The Township of Bridgewater
P.O. Box 6300/700 Garretson Road
Bridgewater, NJ 08807
Switchboard: (908) 725-6300 *TTD available*
Recreation: (908) 725-6373
9am to 5pm Monday to Friday
Inclement Weather Message: (908) 526-7107
www.bridgewaternj.gov

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Bridgewater
Township
Department of
Recreation

Fall & Winter
2005/2006 Brochure

BRIDGEWATER TOWNSHIP RECREATION

SPECIAL EVENTS!

Halloween Haunted Trail and Festivities

Who hosts the most outrageous cast of ghoulish characters for Halloween? Bridgewater Recreation Department's Haunted Trail. This popular event will be Sunday, October 30, 2005 (rain date Monday, October 31, 2005). Look for detailed flyers to be available at the Recreation Office and around Town at the beginning of October.

For **inclement weather** call the Code-A-Phone at (908) 526-7107 or visit www.bridgewaternj.gov (go to directory of departments: click recreation then click on Inclement Weather and announcements). If a decision has not been made by 3:30pm, coaches and officials will make a decision at the field. Please keep in mind, if there is no update on the code-a-phone or the website, this means nothing has been canceled. These sites are only updated for a cancellation.

All registration forms can be obtained online at www.bridgewaternj.gov on or about Thursday, August 4th!

Urgent - Dated Material

Patricia Flannery ~ Mayor ~
Bridgewater Township Council
Michael Hsing ~ *Council President*
Robert E. Albano, Patrick J. Scaglione, Allen Kurdyla, Howard Norgalis

Division of Recreation

Christine Schneider
Diane Puppo
Krista Gaffney
Rachel Vaughn

Superintendent of Recreation
Secretary to Superintendent
Assistant Superintendent
Recreation Specialist

Recreation Board

Theresa DeMuro, Jim Eckert,
Walter Fitzsimmons, Norman Lawn,
Paul Riga and Don Staffin

Division of Parks

Robert Kwiatek
Dave Sowden

General Foreman
Foreman

Park Board

Walter Rusak, Carol Sedlazeck,
Jim Piersanti, Roger Pearly,
Manju Saxena and Arun Goyal

Independent Groups & Clubs in Bridgewater

| | |
|--|--|
| Bridgewater Baseball <i>Township's baseball program officially sanctioned by Cal Ripkin Baseball & Babe Ruth national organizations.</i> (908) 685-2662 www.bridgewaterbaseball.com | Bridgewater Blue Diamonds Softball Club <i>Competitive fast pitch summer league & tournament play for girls 16 years of age and under. Always looking for players and parent coaches.</i> www.bbdsoftball.com bridgewaterbd@yahoo.com |
| Bradley Gardens Little Loop P.O. Box 8066 Bridgewater, NJ 08807 (908) 203-1118 (<i>Dan Becker – President</i>) www.leaguelineup.com | Bridgewater Football League (BFL) <i>Football and cheering for learning...football and cheer for fun! Each child is given equal playing time with the emphasis of improving their skills and knowledge of the game of football. Kindergarten through 8th grade.</i> (908) 685-1346 (<i>Barry Szymanski</i>) www.bridgewaterfootballleague.com |
| Bridgewater Soccer Association <i>Travel soccer league with the opportunity to play at a more competitive level.</i> (908) 658-9559 (<i>Tim Kassel</i>) www.bridwatersoccer.com | Pop Warner <i>Bridgewater-Raritan Pop Warner Panthers are sponsored by the Bridgewater-Raritan Athletic Club Inc.</i> Football (908) 218-9568 (<i>BobGrill</i>) Cheerleading cheer@brpopwarner.org (<i>Barbie Figel</i>) |
| Somerset County Library (908) 526-4016 www.Somerset.lib.nj.us | Somerset County Parks Systems (908) 722-1200 Green Knoll Golf Course (908) 722-1300 Green Knoll Tennis Courts (908) 722-1303 www.Park.Co.Somerset.nj.us |
| Bridgewater Board of Education (908) 685-2777 www.BRRSD.K12.nj.us | |



Registration Information

Registration Information, General Information and Policies

Registration is currently going on for the following programs: *Pee-Wee Outdoor Lacrosse Clinic & Boys Fall Lacrosse, Roller Hockey, Pre-Season Soccer Day, In-Town Soccer, Fall Off-Season Wrestling Club, Recreation Wrestling Program and Men's Over 30 Basketball...* contact Bridgewater Recreation for a registration form or download forms online to be posted at www.bridgewaternj.gov in the near future.

Registration for all other programs not listed above will start on Thursday, August 4, 2005 except for Pre-School Swim (see below for more information on Pre-School Swim).

Three ways to register: (1) **In-person** at the Bridgewater Recreation Department Monday through Friday from 9:00am to 5:00pm. (2) **Via Postal Service** registration forms can be mailed to Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807. (3) **Drop Box** – drop registration forms in the “**REC**” mailbox located behind the Township Municipal Building, it is black and marked “REC”. You can drop off all registrations in this mailbox 24 hours a day/7 days a week.

To obtain on-line registration forms – go to www.bridgewaternj.gov, scroll down to Directory of Departments, scroll down to Recreation Department and click on Registration Forms. Scroll down to desired program flyer and click on it to download. All checks are made payable to “Bridgewater Township” or the organization hosting the program. Outside organizations are no longer accepting cash. If signing up more than one child or session, separate checks and forms are required.

Late Fee - Any program with a registration deadline must have a registration form received by the Recreation Department by 5:00pm on the deadline date. If it is received by the Recreation Department after the deadline date it will result in a late fee and child being placed on a waiting list with no guarantees of being placed in a program or on a team. If we can not accommodate late registration(s), fee will be returned.

Pre-School Swim Only - In-Person Registration will be **Thursday, August 18, 2005 at 6:00pm until 8:00pm**. Registration will be held at the Bridgewater Municipal Building (700 Garretson Road). Parking will only be available after 5:30pm. In-person registration policy for Thursday, August 18, 2005: One parent/guardian per child per program (parents may register for more than one sibling). If you are unable to attend registration, you may get someone to register your child/children but they cannot be registering their own children for the same program. Unavailable for registration? Call or stop by the YMCA after Thursday, August 18, 2005 for availability. Also, proof of residence may be required (i.e. drivers license). Registration size is limited. If signing up more than one child, separate checks and forms are required payable to “Somerset Valley YMCA”.

The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any of the dates, times, locations, ages, fees or other information listed in this brochure. There will be **No Refunds** of registration fees after the first class or practice unless the Recreation Department cancels the program.

There will be no refunds if a program does not run its full course of dates due to inclement weather, gym cancellation or circumstances beyond the Bridgewater Recreation Departments control. If checks are made payable to an outside organization, refunds will be handled through the outside organization in accordance with their policies, terms and conditions.

Bridgewater Recreation and the Board of Education reserve the right to cancel or change sites, dates, and times pending registrations and school priorities. Programs will not meet when the public schools are closed due to inclement weather, holidays or other emergencies.

Participants of Bridgewater Township Department of Recreation activities are prohibited from wearing jewelry (including earrings, which cannot be taped) while taking part in any recreational program. Anyone who is required to wear a cast of any sort for medical purposes is prohibited from engaging in recreational programs.



Special Services General Information & Policies

Senior Citizen Center

The Senior Citizen Center is located on 455 Somerville Road in Bridgewater. This multi-purpose facility includes a large meeting room, workshop, arts and crafts room, TV lounge and game facilities. The Bridgewater Senior Citizen members are an organized group that meets every Tuesday of each month. Regular programs include Bridge, Bingo, Billiards, Shuffleboard, Guest Speakers, and a monthly luncheon. Other programs on various days and times during the week are Strength Training, Tai Chi, Aerobics, Ball Class, Country Western, Tap, Line and Ballroom Dancing. Computer training from introductory through advanced skills are also taught at the center. Knitting and crocheting group teaches beginning through advanced skills. Numerous bus trips are planned (day and over night) with monthly Atlantic City Trips. **For further information contact Senior Citizen Coordinator Donna Langel at (908) 575-8021 or (908) 725-8020.**

Somerset Valley YMCA

Have your family become a member of Our Family. End your days driving all over – come to the Somerset Valley YMCA – you and your spouse can workout, take cooking classes, or just enjoy some fun time with your family. For your kids, we have swimming, gymnastics and other sports classes. The YMCA can even host your birthday party. Call (908) 722-4567 or (908) 526-0688 for more information on joining. For over a century the Somerset Valley YMCA has been a proponent of good health through fitness, health education and recreation. We are proud to be leaders in developing and implementing programs to help people become more active, enjoy sports, learn skills, make friends and have fun. At the Somerset Valley YMCA, we're partnering for a Healthy Community. The Somerset Valley YMCA is a United Way Agency.

Recreation Programs for People with Disabilities

The Division of Recreation is currently a participating municipality with the Somerset County Park Commission Therapeutic Recreation (TR) Department, allowing for regionalized recreation programs for children and adults with developmental disabilities.

For further information, please call the Somerset County Park Commission TR Department at (908) 526-5650, Monday to Friday, 8:00am – 4:30pm.

Therapeutic Recreation - New Program!

A new program for children with developmental disabilities is coming this Fall! Sponsored by the Somerset County Park Commission and run in conjunction with Bridgewater Township Recreation Department and Soccer Centers, Bidy Sports will be designed and adapted to meet the needs of children ages 3 – 5 that have a developmental disability. A parent or responsible adult will need to accompany the child each week. For more information or to get on the mailing list, please call the Somerset County Park Commission Therapeutic Recreation Department at (908) 526-5650.



High School & Adult Programs

held: Mondays & Wednesdays from 8:00-9:00pm, Tuesdays & Thursdays from 7:15-8:15pm, Fridays from 6:30-7:30pm and Saturdays from 10:45-11:45am. All classes are 8 weeks long and are designed to take you through your first belt of our system. The classes will be held at RKA Family Karate located at 8 Roosevelt Place in Somerville. Cost: \$70 for one class a week or \$125 for two classes a week. Participants are required to purchase a uniform for \$30 (this is a discounted price for our Bridgewater-Raritan residents, a 40% savings!). All checks made payable to "RKA Family Karate". Dates: Session 1 September 6, 2005 – October 29, 2005 Session 2 October 31, 2005 – December 24, 2005 Session 3 January 2, 2006 – February 25, 2006. For more information about RKA Family Karate visit www.rkafamilykarate.com. Registration through Bridgewater Recreation.

Cardio Kickboxing

Cardio Kick Boxing is an incredible workout. Using the punches of boxing, and the kicks of karate you get a workout that is second to none. Our classes are split between rhythmic cardio, resistance training on the heavy bags and floor work. Cardio Kick Boxing will get you into fantastic shape burning hundreds of calories an hour while you learn proper form for kicking and punching. Our classes are offered mornings on Monday/Wednesday/Friday 9:30-10:30 and Saturday 8:30-9:30. Our evening classes are offered on Tuesday/Thursday 8:15 – 9:15. Our 8 week session costs only \$60 for unlimited classes (Gloves and wraps are an additional \$30 you will need these for the bag work). Dates: Session 1 September 6, 2005 – October 29, 2005 Session 2 October 31, 2005 – December 24, 2005 Session 3 January 2, 2006 – February 25, 2006. For more information about RKA Family Karate visit www.rkafamilykarate.com. Registration through Bridgewater Recreation.

Indoor Soccer

Indoor Soccer gives our Bridgewater residents over the age of 18 the opportunity for pickup soccer games. Men and women will play together. Games are to be played on Tuesdays from 8:30pm to 10:00pm. Two sessions available: Session #1: Tuesdays, October 11, 18, 25, November 1, 15, 22, 29, December 6, 13 & 20, 2005. Session #2: Tuesdays, January 3, 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 14, 21 & 28, 2006. Dates are subject to cancellation due to school functions. This program will be held at Bridgewater-Raritan Middle School. On site registration fee of \$2.00 per visit.

High School Outdoor Soccer – New Program!

The Bridgewater Recreation Department will be offering High School Outdoor Soccer for boys and girls in grades 9th, 10th, 11th & 12th (2005/2006 school year). Boys and girls will play separately. Games will be played on Saturdays after 1:00pm. There is a mandatory evaluation on Saturday, September 17, 2005, teams will be formed on this day. Game dates are as follows: Saturdays, September 24, October 1, 8, 15, 22, 29, November 5 & 12, 2005. Tentative locations are Torpey Athletic Complex and/or Commons Way. Each participant will receive a shirt. Cost \$30.00 Bridgewater residents \$35.00 Raritan residents. **Registration Deadline: Monday, August 15, 2005.** Registration after deadline will result in a \$10.00 late fee with no guarantees of being placed, if not accommodated, registration fee will be returned. More information will be mailed out to registered participants prior to September 17, 2005.

Adult Volleyball – New Program!

The Bridgewater Recreation Department will be offering a new program for Bridgewater-Raritan adult residents. Men and women are invited to join this new volleyball league. Two sessions are available; Session #1: Tuesdays, October 11, 18, 25, November 1, 15, 22, 29, December 6, 13 & 20, 2005 (not meeting on November 8, 2005). Session #2: Tuesdays, January 3, 10, 17, 24, 31, February 7, 14, 21, 28 & March 7, 2006 (make up dates – March 14, 21 & 28, 2006). All games will be played at Hillside School. Participants will receive a shirt. Cost: \$50.00 Bridgewater residents, \$55.00 Raritan residents. **Registration Deadline: Friday, September 9, 2005.**

Adult Whiffle Ball – New Program!

The Bridgewater Recreation Department along with Soccer Centers will be hosting an adult Whiffle Ball League. Starting on Saturday, November 5, 2005, games will be played inside at Soccer Centers in Somerset. Register as an individual or team. Adults will play from 5:30pm to 7:30pm and high school from 6:30pm to 9:30pm. Game dates are as follows: Saturdays, November 5, (pre-season), 12, 19, 26, December 3 & 10, 2005. All games will be 6 innings or 50 minutes. Equipment will be provided by Soccer Centers. All rules based on official Whiffle Ball Rules and can be obtained at Soccer Centers or the Bridgewater Recreation Department. Games are played with 5 players plus a Designated Hitter. Cost: \$70.00 per player or \$450.00 per team (5 to 9 players per team). Checks made payable to "Soccer Centers". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. For more information about Soccer Centers visit www.soccercentersnj.com.

Registration Information



Registration Information, General Information and Policies cont.

Please note that the Bridgewater Recreation Department does not provide individual medical insurance coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families and/or individuals have or obtain insurance before participating in any programs offered through Bridgewater Recreation.

Supervision: Parents/Guardians of minors are responsible for dropping off and picking up children promptly. Parents or guardians are to be waiting for their children at the conclusion of the program.

Interested in volunteering?

The Township of Bridgewater requires any and all volunteers for any program be Rutgers Certified and KidSafe Safety Background Checked. If interested please call the Recreation Department.

Rutgers SAFETY Clinic

Mandatory for all volunteers of youth sports. Coaches and assistants who attend this workshop will be covered under the law, which provides immunity from civil damages. It is mandatory for all coaches and assistants participating in Bridgewater Township activities to become certified. The workshop will be held at the Bridgewater Senior Citizen Center on Mondays, September 19, 2005 and April 17, 2006 from 6:30 to 10:00pm. No cost to Bridgewater Township Recreation Coaches. Class includes participant receiving a book, reference manuals and certification card. If you are in need of certification and have a conflict with the above date contact the Rutgers Youth Sports Research Council at (732) 932-7178 for other clinics in the area or visit their website www.youthsports.rutgers.edu. Space is limited, registration is based on first come first serve at the Bridgewater Recreation Department, Bridgewater-Raritan resident coaches will be taken first before out of town coaches if course fills up. If you need to be certified for an independent group or club not affiliated with Bridgewater Township's Recreation Department (i.e. Baseball, Football, etc.) a \$25.00 registration fee is required.

Mandatory Safety Background Checks – KidSafe In the interest of the safety and welfare of Bridgewater Youth, the Bridgewater Township Council adopted a local ordinance (Township Ordinance #04-10) requiring criminal background checks for Bridgewater Township Recreation volunteer coaches. The ordinance requires all Bridgewater Township Recreation Volunteer coaches to be fingerprinted through KidSafe so that state and federal criminal background checks can be conducted. Persons will not be eligible to coach youth sports programs sponsored by the Bridgewater Township Recreation Department unless they have passed a criminal background check. The next set of fingerprinting sessions will be held on Wednesdays, September 28, 2005, January 11 and April 26, 2006 at the Bridgewater Senior Center from 5:30pm to 9:00pm. Pre-Register through the Bridgewater Recreation Department. If you need to get fingerprinted and have a conflict with the above dates contact KidSafe at (732) 922-2209 or visit their website at www.ksrc.us for other sessions in the area.

Registration forms for the Rutgers and/or KidSafe courses can be obtained at www.bridgewaternj.gov starting in early August. If you are planning to attend a Rutgers Clinic or KidSafe check outside of Bridgewater Township, pre-certification from the Bridgewater Recreation Department is required. Please call the Recreation Department at (908) 725-6373 during office hours for more information.



Pre-School & Youth Programs

Offensive Improvement Basketball Clinic (Boys in grades 1 & 2 – Boys and Girls in grades 3 through 8)

Bridgewater-Raritan High School Boys Basketball Coach Tim Ortelli, in cooperation with Bridgewater Recreation, will provide a music-enhanced offensive improvement skills camp. Each session will include instruction in shooting, passing, catching, dribbling, and ball handling. Scrimmage game time will also be available. Don't miss this opportunity to learn the game The Ortelli way... Dates and Times are as follows: boys in grades 1 and 2 will be taught by Tom Lembrich – Tuesdays and Thursdays starting November 8, 10, 15, 17 and 22 (make up date scheduled for November 29); 1st graders will attend from 5:45pm to 6:45pm, 2nd graders from 7:00pm to 8:00pm; Boys and Girls grades 3 through 8 – Mondays and Wednesdays starting November 7, 9, 14 and 16 (make up date scheduled for November 21). Times are as follows; grades 3 through 5 – 5:15pm to 6:45pm, grades 6 through 8 – 7:00pm to 8:30pm. (Times and dates subject to change due to high school state tournaments) Location is Bridgewater-Raritan High School. Cost Bridgewater Residents \$50.00, Raritan Residents \$55.00, checks made payable to "Tim Ortelli". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Girl's Basketball Clinic (grades 1 & 2)

This program will teach the basics of basketball in a fun and non-competitive environment. Dribbling, passing and shooting at eight foot baskets will be taught by trained instructors, Sandy Baranowski and Kelly Schwertfeger, in this age group. Program will have team selection stressing individual and group instruction. Some four on four games will occur at the end of this program. For girls in grades 1 and 2. Girls will play on Tuesdays, November 15, 22, 29, December 6 and 13, 2005 at Adamsville School (make-up date is December 20, 2005). Times are as follows: 1st grade girls – 5:45pm-6:45pm; 2nd grade girls – 7:00pm-8:00pm. Site subject to change. More information forthcoming. Cost \$50.00 Bridgewater/Raritan residents. Checks made payable to: Sandy Baranowski **Registration Deadline: Friday, October 14, 2005.** Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

2nd Grade Basketball for Girls and Boys – New Program!

This program will teach the basic skills of the game, dribbling, passing and shooting at 8-foot baskets and how to play in a fun and non-competitive environment. Art Thomas and staff has an exciting season planned for boys and girls in 2nd grade. Boys and girls play separately. Instruction will take place at Adamsville School and will begin on Saturday, January 7, 2006 and run until March 25, 2006. There will be no practices during the week. Cost \$40.00 for Bridgewater Residents and \$45.00 Raritan residents. Each participant will receive a t-shirt. Registration after deadline will result in a \$10.00 late fee with no guarantees of being placed, if not accommodated, registration fee will be returned. **Registration Deadline: Friday, October 14, 2005.**

3rd grade Basketball for Girls and Boys

A youth basketball program that concentrates on clinic instruction and In-Town league play, taught by Tom Lembrich, one of Bridgewater's physical education teachers for over thirty-six years! For boys and girls in grades 3 (boys and girls play separately). Two mandatory clinics will be held on Saturday, December 3 and 10, 2005 at Bradley Gardens School. Location to be determined. Games will begin on Saturday, January 7, 2006 and run until March 25, 2006. There will be no practices during the week. Practice will be held 20 to 30 minutes before each game. Games will played on full court. Cost \$50.00 Bridgewater residents and \$55.00 Raritan residents. Each participant will receive a mesh shirt. Registration after deadline will result in a \$10.00 late fee with no guarantees of being placed, if not accommodated, registration fee will be returned. More information will be mailed to registered participants prior to the December 3 and 10 clinic dates. **Registration Deadline: Friday, October 14, 2005.**

4th Grade Basketball for Girls and Boys

A youth basketball program that concentrates on clinic instruction and In-Town league play. For boys and girls in grades 4 (boys and girls play separately). Two mandatory clinics will be held on Saturday, December 3 and 10, 2005 at Bridgewater Raritan Middle School. Games will be played at Hillside School and will begin on Saturday, January 7, 2006 and run until March 25, 2006. There will be no practices during the week. Practice will be held 20 to 30 minutes before each game. Games will



High School & Adult Programs

Boys High School Basketball League

The structure of this league will be a competitive In-Town program for boys in grades 9, 10, 11 & 12. Starts Saturday, January 14, 2006 and runs through Saturday, April 29, 2006. Games will be played on Saturday afternoons or evenings depending on gym availability and registrations at Bridgewater Raritan High School. Cost \$50.00 Bridgewater residents and \$55.00 Raritan residents. Teams selection will be by volunteer coaches and participants. More information will be forthcoming. **Registration Deadline: Friday, December 2, 2005.** Registration after deadline will result in a \$10.00 late fee with no guarantees of being placed, if not accommodated, registration fee will be returned.

Men's Over 30 Basketball League for Bridgewater Residents

Bridgewater Recreation will be running a Men's Basketball league for interested participants over the age of thirty. League registration will be accepted at the Recreation Department for all Bridgewater residents, proof of residence will be required (i.e. copy of drivers license). The new format for this league will be... games to be held on Thursday nights at Hillside School. Tentative game times will be 6:00pm, 7:00pm and 8:00pm. Season will run from mid-September to February. This league will need a minimum number of registrations to formulate four teams and a maximum of six teams. The Recreation Department will form teams to create a new, competitive league. Registration will be accepted on an individual basis and includes a basketball jersey. Cost \$100.00 per participant (Bridgewater Residents only). **Registration Deadline: Friday, September 9, 2005.**

Winter Indoor Field Hockey Leagues (grades 9th to 12th)

This High School Field Hockey League is held each Sunday at Soccer Centers in Somerset. Registration can be made as a team or as an individual. Game times are as follows; 11:30am to 4:00pm each week. Players should bring a stick, shinguards and mouthpiece. Session 1: November 20, 2005 and lasts 8 weeks ending January 22, 2006. Session 2: January 29, 2006 and ends March 19, 2006. This league does sell out and registrations are on a first come, first serve basis. Registration for the high school program is limited to high school aged players only. \$135.00 per player or \$1300.00 per team; Fees include all ref costs. Registration is held at the Bridgewater Recreation Department. For more information about Soccer Centers visit www.soccercentersnj.com.

Golf Lessons

Bridgewater Recreation along with PGA Professional Stu Blasius will be hosting golf lessons for all levels of ability. Class size will be limited to six participants. Smaller class size for more one on one instruction. A video camera will be utilized and students will be able to view their progress. Requirements of participants are a nine iron and range ball fees (\$5.00 for large bucket). For adults (sixteen years old and over). Location will be at the Raritan Golf Range 101 Orlando Drive "Raritan". Dates are as follows: Tuesdays, September 20, 27, October 4, 11 & 18, 2005 or Thursdays, September 22, 29, October 6, 13 & 20, 2005. Times for all classes: Session I 6:00pm to 7:00pm or Session II 7:15pm to 8:15pm (one session per participant). Cost \$95.00 checks made payable to "Stu Blasius". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Teen Ninjutsu

RKA Family Karate offers martial arts programs for teens ages 13 through 15. Learn the ancient art of the Samurai and the Ninja. This class being offered at RKA Family Karate is designed to teach armed and unarmed self-defense. You will learn to use your entire body to amplify the simple movements for better speed and power. Classes are for Teens and are offered on: Mondays & Wednesdays from 7:00pm-8:00pm, Fridays from 6:30-7:30pm and Saturdays from 10:45-11:45am. All classes are 8 weeks long and are designed to take your teen through their first belt of our system. The classes will be held at RKA Family Karate located at 8 Roosevelt Place in Somerville. Cost: \$70 for one class a week or \$125 for two classes a week. Participants are required to purchase a uniform for \$30 (this is a discounted price for our Bridgewater-Raritan residents, a 40% savings!). All checks made payable to "RKA Family Karate". Dates: Session 1 September 6, 2005 – October 29, 2005 Session 2 October 31, 2005 – December 24, 2005 Session 3 January 2, 2006 – February 25, 2006. For more information about RKA Family Karate visit www.rkafamilykarate.com. Registration through Bridgewater Recreation.

Adult Karate

RKA Family Karate offers martial arts programs for adults 16 and up. We offer classes in traditional Okinawan Kempo, Modern Arnis (Philippino stick fighting), Small Circle Ju-jitsu and Torite Jutsu (pressure point grappling). The program we offer to the adults has been taught to police departments and S.W.A.T teams. The techniques we teach have been field-tested. They are taught to you in a safe and controlled environment. Classes are



Pre-School & Youth Programs

Fall Off-Season Wrestling Club (September - October 2005)

Is your child a new or experienced wrestler interested in off-season wrestling instruction and mat-time— at a tremendous value? Registration for the Bridgewater Panther Off-Season Wrestling Club will be through the Bridgewater Recreation. The club will hold the first of 8 off-season practices on Wednesday, September 7, 2005 at 6:30pm, in the Middle School Back Gym. The wrestling club is offering this new program to Bridgewater or Raritan residents entering grades K-8 in September 2005. All practices will be held at the Middle School gym from 6:30pm to 8pm, each Wednesday, September 7 through October 26, 2005. Practices will be supervised and structured, and sessions will include conditioning, instruction of techniques, drilling, and some live wrestling. Wrestlers will be separated into two groups, a Novice Group and an Intermediate-Advanced Group. Head coach for the off-season Panther Wrestling Club is Rich Shifman, a certified recreation coach with 12 years experience coaching youth wrestling (7 years in Bridgewater). Cost for all or some of 8 sessions is \$30.00, checks made payable to “Bridgewater Wrestling Club”. For more info visit www.pantherwrestling.org.

Wrestling Open House Nights (October 24 & November 2, 2005)

In October, come see what Panther Recreation Wrestling is all about! Bridgewater Recreation Wrestling will be holding “Wrestling Open-House Sessions” on Monday, October 24, 2005 and again on Wednesday, November 2, 2005. Both sessions will be held from 7:00pm to 8:00pm at the Middle School gym. The open house will inform parents and prospective wrestlers (children in grades K-8) about the Bridgewater Recreation Wrestling program. The coaches of Bridgewater Recreation Wrestling invite any interested parents and their children to attend. Each Open-House session will introduce the program’s philosophy, its coaches, and some current wrestlers. There also will be a brief wrestling clinic, to demonstrate what the sport of amateur wrestling is about and to show how fundamental skills are taught and drilled in practices. Information will be provided on the program’s schedule and levels into which wrestlers will be grouped for practices and competition (from novice/scrimmage, to intermediate, to advanced teams). For more information on the Open-House sessions please visit at www.pantherwrestling.org.

Recreation Wrestling Program (November 2005 - March 2006)

The in-season wrestling program will start November 3, 2005 and continue through the end of March, 2006. There will be 3 practices per week, as well as weekday and/or weekend competition. Cost \$55.00 Bridgewater residents and \$60.00 Raritan residents. Location is Bridgewater-Raritan Middle School. **Registration Deadline: Monday, October 31, 2005.** The program emphasizes learning the sport of amateur wrestling, instilling solid values, and having fun! We attempt to make the program fun for everybody—we believe wrestlers (and their parents) should enjoy their participation in the program. In the practice room, we focus on fundamentals, because there is no substitute for solid knowledge of the basics of wrestling. Our program’s philosophy values competitiveness, as well as respect for self and others, discipline, and self-confidence. The program provides a rich experience, in which wrestlers form close friendships with their teammates. This year, we are continuing to admit wrestlers in grades K-8, and, depending on wrestlers’ ages and experience, they may compete on one of four teams (Raritan Valley Silver Scrimmage Team, Raritan Valley League Varsity Team, Central Jersey League Team, or the Grade-School League Team). Tournaments will be scheduled as appropriate for novice and experienced wrestlers. Last year, our wrestlers at all levels won over 140 awards in tournaments; our Raritan Valley and Central Jersey Teams enjoyed winning records; seven of our wrestlers qualified to participate in the New Jersey Kids’ State Tournament, with three place winners. We have a solid staff of highly experienced and caring coaches. We are expanding, and we expect the fun and accomplishments to continue in 2005-2006. We encourage you to check out Panther Wrestling. Registration for the in-season Bridgewater Recreation Wrestling program will be through the Bridgewater Recreation. For further information on Bridgewater Recreation Wrestling, please visit www.pantherwrestling.org.



Pre-School & Youth Programs

played full court. Cost \$50.00 Bridgewater residents and \$55.00 Raritan residents. Registration after deadline will result in a \$10.00 late fee with no guarantees of being placed, if not accommodated, registration fee will be returned. More information will be mailed to registered participants prior to the December 3 and 10 clinic dates. **Registration Deadline: Friday, October 14, 2005.**

Pre-Season B-Ball Warm-Up for Girls and Boys (grades 5, 6, 7 & 8) – New Program!

Pre-Season Warm-up program for grades 5th through 8th boys and girls. Tim Ortelli, Head Basketball Coach at Bridgewater-Raritan High School will assist in this program. Coach Ortelli will provide insight on offensive improvement ideas, special situations and strategies that will enhance individual as well as team performance. Boys and girls will play separately. Instruction be held on Monday nights in October, November and December from 6:00pm to 8:00pm and/or Friday nights 6:00pm to 10:00pm pending registration. More information will be mailed to registered participants by mid October. Cost: \$25.00 Bridgewater residents and \$30.00 Raritan residents. **Registration Deadline: Friday, October 14, 2005.**

Youth Basketball (grades 5, 6, 7 & 8)

A youth basketball program emphasizing fundamentals and sportsmanship. Participants increase their skills through weekly competition. For boys and girls in grades 5, 6, 7 & 8 (boys and girls play separately). All boys will have mandatory evaluations on Saturdays, December 3 and 10, 2005 at the Bridgewater Raritan Middle School and all girls on Friday, December 2 and Saturday, December 3, 2005 at Eisenhower School. Games will begin Saturday, January 7, 2006 and run to March 25, 2006. Boys will play games at the Bridgewater Raritan Middle School, High School and Hillside School. Girls will play games at Eisenhower School. Practices will be held one night a week and games will be held on Fridays, Saturdays or Sunday pending registration. Cost: \$60.00 Bridgewater residents and \$65.00 Raritan residents. Registration after deadline will result in a \$10.00 late fee with no guarantees of being placed, if not accommodated, registration fee will be returned. Boys and girls draft may differ according to the number of registrations. More information regarding evaluation times will be mailed to all registered participants early November. **Registration Deadline: Friday, October 14, 2004.**

Biddy Sports

For toddler boys and girls between the ages of 2 and 5. The emphasis in this unique sports program is on fun, agility, skill development, sportsmanship and teamwork. In this class, children learn the fundamental skills involved in popular outdoor and indoor sports such as baseball, soccer, kickball, golf and more. (Offerings may be subject to change.) Instructors will teach and review the techniques of throwing, catching, sliding, kicking, batting, dribbling, passing...you name it! Class incorporates some drills and teaching in addition to free play. Session #1: Mondays, 6:30-7:30pm - September 12, 19, 26, October 3, 10, 17, 24 and November 7, 2005. Tuesdays, 1:00-2:00pm – September 13, 20, 27, October 11, 18, 25, November 1 & 15, 2005. Fridays, 10:00-11:00am - September 9, 16, 23, 30, October 7, 14, 21 & 28, 2005. Saturdays, 8:00-9:00am – September 10, 17, 24, October 1, 8, 15, 22 & 29, 2005. Session #2: Tuesdays, 1:00-2:00pm – November 22, 29, December 6, 13, 20, 2005, January 3, 10 & 17, 2006 (make-up January 24, 2006). Fridays, 10:00-11:00am – November 4, 18, December 2, 9, 16, 23, 2005, January 6 & 13, 2006 (make up January 20). Saturdays, 8:00-9:00am – November 5, 12, 19, December 3, 10, 17, 2005, January 7 & 14, 2006 (make up January 21, 2006). Session #3: Tuesdays, 1:00-2:00pm – January 31, February 7, 14, 21, 28, March 7, 14 & 21, 2006 (make up March 28, 2006). Fridays, 10:00-11:00am – January 27, February 3, 10, 17, 24, March 3, 10 & 17, 2006 (make up March 24, 2006). Saturdays, 8:00-9:00am – January 28, February 4, 11, 18, 25, March 4, 11 & 18, 2006 (make up March 25, 2006). Session #4: Tuesdays, 1:00-2:00pm – April 4, 18, 25, May 2, 9, 16, 23 & 30, 2006. Fridays, 10:00-11:00am – March 31, April 7, 21, 28, May 5, 12, 19 & 26, 2006. Saturdays, 8:00-9:00am – April 1, 15, 22, 29, May 6, 13, 20 & June 3, 2006. All classes are held at Soccer Centers (300 Memorial Drive) in Somerset, NJ just a half mile off exit 12 of Route 287. Cost \$90.00 checks made payable to “Soccer Centers”. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. For more information about Soccer Centers visit www.soccercentersnj.com.



Pre-School & Youth Programs

Girls on the Run – New Program!

Bridgewater Recreation in conjunction with the Somerset Valley YMCA is looking for interested coaches for a new program, Girls on the Run. This program will take place in the Spring, however there is coaching training coming this fall. We are looking for dedicated individuals who can contribute at least 2 hours a week for up to 12 weeks. Girls on the Run is a 12 week experiential running program for girls in grades 3 – 5. The program is designed to educate and prepare girls for a lifetime of self-respect and healthy living. Girls will have fun training for a 5K race while making friends and learning about themselves. The emphasis is not on running but on having fun. The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three. For more information about the program please visit www.girlsontherun.org. For more information on becoming a coach please call Bridgewater Recreation at (908) 725-6373.

Introduction to Cheer and Dance

Interested in learning cheerleading and dance skills? Instructor Lyndsey Merten and her staff will offer girls the opportunity to learn the basic techniques: voice, dance, jumps, cheers and motion. For girls in kindergarten, 1st, 2nd & 3rd grade. Program runs Saturday, January 7, 14, 21, 28, February 4, 11, 18, 25, 2006. In case of inclement weather, the make up dates will be March 4 and March 11, 2006. Times are as follows: Kindergarten & 1st grade – 9:00-10:00am or 10:15-11:15am; 2nd & 3rd grade – 11:30am-12:30pm. Location is at Hillside School. Recital information will be forthcoming. Cost \$50.00 Bridgewater residents only. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Girl's Field Hockey Program

Here comes a fantastic field hockey program with Bridgewater-Raritan High School Varsity Coach Kathie DeBonis. For girls in grades 5th to 8th (2005/2006 school year). The program will begin on Monday, November 7, 2005 with a mandatory evaluation/clinic for all participants from 6:00pm to 7:00pm at Adamsville School. The program will continue at Adamsville on the following Mondays: November 14, 21, 28, December 5, 2005 with a make up date of December 12, 2005. Time will be 6:00pm to 7:00pm or 7:00pm to 8:00pm pending evaluations. Cost \$50.00 Bridgewater-Raritan residents checks made payable to "Kathie DeBonis". **Registration Deadline: Friday, October 14, 2005.** Space is limited, registration is based on a first come, first serve basis at the Bridgewater Recreation Department.

Dutch Field Hockey Program

The Bridgewater Recreation Department in conjunction with Soccer Centers will be hosting field hockey training for girls in 5th grade to High School (2005-2006 school year). Training will be led by Ingrid van Beusekom. Ingrid was the U16 and U19 assistant trainer for the National Futures program while they were in Europe. These 8-week clinics will include sessions for both the advanced and beginner players. Session #1: Thursdays, September 22, 29, October 6, 13, 20, 27, November 3 & 10, 2005. Session #2: Thursdays, November 17, 24, December 1, 8, 15, 22, 29, 2005 and January 5, 2006. Session #3: Thursdays, January 12, 19, 26, February 2, 9, 16, 23, March 2, 2006. Times: 5th & 6th grade 5:00pm, 7th & 8th grade 6:00pm, High School 7:00pm (for session #2 & #3 only). Participants are required to bring their own field hockey sticks, mouth guard and shin guards. Cost \$130.00 for Bridgewater Residents, \$150.00 for out-of-town residents. Checks made payable to "Soccer Centers".

Recreation Travel Field Hockey Team – New Program!

The Bridgewater Recreation Department along with Soccer Centers will be forming a recreational Travel Field Hockey Team for 7th and 8th grade girl players. The program will include practice and travel games with other local area teams. The team will be coached and trained professionally by area school coaches. The coaching staff of Rutgers including Liz Tchou, the head coach has agreed to provide directional support for the newly formed league. Look for more information in the next brochure or call Bridgewater Recreation at (908) 725-6373.

Junior Golf Lessons – New Program!

Bridgewater Recreation along with PGA Professional Stu Blasius will be hosting golf lessons for children ages 7 to 15 years of age. Class size will be limited to eight participants. A video camera will be



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sion (except for Session #2 Thursday classes pro-rated \$108.00 for only 6 classes) checks made payable to "Somerset Valley YMCA" (*all sessions are 7 weeks except Session #2 Thursday classes only have 6 classes*). No refunds, credits or make-ups will be given unless two or more classes are missed due to medical reasons. *Proof of age is not required, but if your child is found not to be eligible for this class, your child will be expelled from session and no refund will be issued.* Dates: Session #1 September 11 – October 29, 2005. Session #2 October 31 – December 18, 2005. Session #3 January 2 – February 19, 2006. Days and Times for all sessions: Sundays 2:00-2:45pm Beginner, 2:00-2:45 Beginner, 2:45-3:30pm Intermediate, 2:45-3:30pm Intermediate, 3:30-4:15pm Advance. Thursdays 7:00-7:45pm for sessions 1 & 2 only. Registration for session #3 will not begin until Monday, December 5, 2005. Please register at the YMCA for this session.

Chess Club and Family Swim – Carla's Back!

The Bridgewater Recreation Department will be sponsoring a chess club and family swim with and held at the Somerset Valley YMCA, (908) 526-0688 www.ymcasomersetvalley.org, for boys and girls in grades 1 through 6. Chess makes kids smarter! How? Well, chess is all about focusing, concentrating, anticipating, evaluating, thinking concretely, thinking abstractly, visualizing, planning, and learning to juggle about a dozen considerations in your mind all at once. Can you improve at all these things and not "be smarter"? Naturally, what anyone gets out of it is a function of what they put in, but if you make an effort, chess yields rewards. Now, add family swim to the mix, and you have a great night of fun and learning. By signing up for the chess and swim combination, the immediate family can partake in an hour of swimming (the kiddie pool will be available). Take advantage of an opportunity for your child to learn and have fun as a family. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. If you are signing up for more than one child or session, separate checks are required. Cost \$65.00 Chess only / \$85.00 Chess and Family Swim checks made payable to "Somerset Valley YMCA" (*all sessions are 7 weeks*). No refunds, credits or make-ups will be given unless two or more classes are missed due to medical reasons. *Proof of age is not required, but if your child is found not to be eligible for this class, your child will be expelled from session and no refund will be issued.* Dates: Session #1 September 17, 24, October 1, 8, 15, 22 & 29, 2005. Session #2 November 5, 12, 19, 26, December 3, 10 & 17, 2005. Session #3 January 7, 14, 21, 28, February 4, 11 & 18, 2006. Times for all sessions 1st and 2nd grade boys and girls play chess from 6:00-7:00pm followed by Family Swim from 7:00pm-8:00pm; 3rd, 4th, and 5th grade boys and girls play chess from 7:00-8:00pm preceded by Family Swim from 6:00-7:00pm. Registration for session #3 will not begin until Monday, December 5, 2005. Please register at the YMCA for this session.

Water Polo – New Program!

This class is an introduction to the Olympic Sport of Water Polo. Participants will work on swimming skills, offense, defense, and the rules of the game. The program is for 10 - 15 years old swimmers who can tread water for 2 minutes without the use of their hands. The class will have approximately 1 1/2 hour of instruction on skills and strokes, and 1 1/2 hour of game time. The emphasis of the program is learning Water Polo basics, and having fun. Program will be held on Saturdays from 12-1pm. Cost is \$70.00 checks made payable to "Somerset Valley YMCA." Space is limited; registration is based on first come first serve.

Youth Whiffle Ball – New program!

The Bridgewater Recreation Department along with Soccer Centers will be hosting a youth Whiffle Ball League for girls and boys in grades 5th – High School (2005/2006 school year). Starting on Saturday, November 5, 2005, games will be played inside at Soccer Centers in Somerset. Register as an individual or team. 5th & 6th graders will play from 5:30pm to 7:30pm, 7th & 8th graders from 5:30pm to 8:30pm and High School from 6:30pm to 9:30pm. Game dates are as follows: Saturdays, November 5, (pre-season), 12, 19, 26, December 3 & 10, 2005. All games will be 6 innings or 50 minutes. Equipment will be provided by Soccer Centers. All rules based on official Whiffle Ball Rules and can be obtained at Soccer Centers or the Bridgewater Recreation Department. Games are played with 5 players plus a Designated Hitter. Cost: \$70.00 per player or \$450.00 per team (5 to 9 players per team). Checks made payable to "Soccer Centers". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. For more information about Soccer Centers visit www.soccercentersnj.com.



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Pre-School Swim Lessons – New Registration Process!

In-Person Registration (for Sessions 1 & 2 Only) for Bridgewater residents only - begins on Thursday, August 18, 2005 at the Bridgewater Municipal Building. For Session #3, registration will be held at the YMCA in Bridgewater on Monday, December 5, 2005 starting at 6:00am. The Bridgewater Recreation Department will be sponsoring swim lessons with and held at the Somerset Valley YMCA, (908) 526-0688 www.ymcasomersetvalley.org, for boys and girls ages 6 and under. Age criteria Parent/Child is for children 6 months to 3 years (parent goes in water with child). Beginner with Parent is for children 2 _ to 3 _ years (parent goes in water with child). Beginner, Intermediate and Advance age 3 to 6 years old. Class criteria to sign up for beginner with parent: this class is a transition for the child who is close to meeting the requirements for Beginner and for the starting swimmer who is hesitant beginning alone. Class criteria to sign up for Intermediate: children (with bubble) must be able to swim 50 feet independently in the prone position paddle stroke and put their whole face in the water and blow bubbles. Class criteria to sign up for Advance: covers bobbing, standing dives, elementary backstroke, underwater object recovery and finning. Rotary breathing is refined, breaststroke is introduced, treading water and safety skills are covered. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. If you are signing up for more than one child or session, separate checks are required. Cost \$85.00 per session except for Session #2 Friday classes which are pro-rated \$73.00 because there are only 6 classes, checks made payable to "Somerset Valley YMCA" (*all sessions are 7 weeks except Session #2 Friday classes which only have 6 classes and is pro-rated*). No refunds, credits or make-ups will be given unless two or more classes are missed due to medical reasons. *Proof of age is not required, but if your child is found not to be eligible for this class, your child will be expelled from session and no refund will be issued.* Dates: Session #1 September 11 to October 29, 2005. Session #2 October 31 to December 18, 2005. Session #3 January 2 to February 19, 2006. Days and Times for sessions 1 & 2 only: Mondays 10:00-10:30am Parent/Child, 10:30-11:00am Beginner, 3:00-3:30pm Beginner, 3:30-4:00pm Intermediate, 5:00-5:30pm Advanced, 5:30-6:00pm Intermediate, 6:30-7:00pm Beginner, 7:00-7:30pm Intermediate, 7:30-8:00pm Beginner, 8:00-8:30pm Advanced. Wednesdays 3:00-3:30pm Advanced, 3:30-4:00pm Beginner, 4:00-4:30pm Intermediate, 4:30-5:00pm Beginner 6:00-6:30pm Beginner w/ parent, 6:30-7:00pm Beginner, 7:00-7:30pm Intermediate. Fridays 10:00-10:30 Beginner, 10:30-11:00am Intermediate, 11:00-11:30am Beginner, 3:00-3:30pm Beginner, 3:30-4:00pm Advanced, 4:00-4:30pm Intermediate, 4:30-5:00pm Beginner. Saturdays 10:00-10:30am Beginner, 10:00-10:30am Intermediate, 10:00-10:30am Advanced, 10:00-10:30am Parent/Child, 10:30-11:00am Beginner with parent, 2:00-2:30pm Beginner, 2:30-3:00pm Intermediate. For Session #3: Mondays 10:00-10:30am Parent/Child, 10:30-11:00am Beginner, 3:00-3:30pm Beginner, 3:30-4:00pm Intermediate, 5:00-5:30pm Advanced, 5:30-6:00pm Intermediate, 7:00-7:30pm Intermediate, 7:30-8:00pm Beginner, 8:00-8:30pm Advanced. Wednesdays 3:30-4:00pm Beginner, 4:00-4:30pm Intermediate, 4:30-5:00pm Beginner 6:00-6:30pm Beginner w/ parent, 7:00-7:30pm Beginner, 7:30-8:00pm Intermediate. Fridays 10:00-10:30 Beginner, 10:30-11:00am Intermediate, 3:00-3:30 Beginner, 3:30-4:00pm Advanced, 4:00-4:30pm Intermediate, 4:30-5:00pm Beginner. Saturdays 10:00-10:30am Beginner, 10:00-10:30am Intermediate, 10:00-10:30am Advanced, 10:00-10:30am Parent/child, 10:30-11:00am Beginner w/ parent, 2:00-2:30pm Beginner, 2:30-3:00pm Intermediate.

Youth Swim Classes

The Bridgewater Recreation Department will be sponsoring swim lessons with and held at the Somerset Valley YMCA, (908) 526-0688 www.ymcasomersetvalley.org, for boys and girls ages 7 to 12. The Beginner class is the beginning level for school-age children. It gets children acquainted with the pool, the use of floatation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and be able to swim the length of the pool with a floatation device and with their face in the water. Diving skills are introduced as well. In Intermediate, the children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More diving skills are taught. In Advance, students work to perform the front and back crawl stroke, elementary backstroke, and sidestroke with turns. They are introduced to the butterfly stroke. They continue to work on diving skills. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. If you are signing up for more than one child or session, separate checks are required. Cost \$125.00 per ses-

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utilized and students will be able to view their progress. Requirements of participants are a nine iron and range ball fees (\$5.00 for large bucket). Location will be at the Raritan Golf Range (101 Orlando Drive, Raritan). Dates are as follows: Tuesdays, September 20 & 27, 2005 or Thursdays, September 22 & 29, 2005. Times for both sessions: 3:45pm to 5:45pm (one session per participant). Cost \$75.00 Bridgewater-Raritan residents checks made payable to "Stu Blasius". Space is limited; registration is based on a first come first serve basis at the Bridgewater Recreation Department.

Gym Time - Now for Kindergarten & 1st Grade!

For Bridgewater resident boys and girls in Kindergarten and 1st grade (2005/2006 school year). Come on out and have a blast with Tom Lembrich, one of Bridgewater's physical education teachers for over thirty-six years! This program is designed for children to develop team work and experience cooperation in a fun environment. Some popular activities will include but not limited to, parachute games, crab soccer, tag... just to name a few. Please note that there are only twenty spaces available per session/age grouping. Times are as follows; kindergartners 6:00-7:00pm and 1st graders 7:00-8:00pm to be held at Bradley Gardens School on the following dates: Wednesdays, January 4, 11, 18, 25, February 1, 8, 15, 22, 2006 (make-up dates March 1 & 8, 2006). Cost \$40.00 for Bridgewater residents only. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Children's Karate

Bridgewater Recreation is excited to be working with RKA Family Karate to offer martial arts programs for children ages 4 through 12. Classes are broken down by age and skill level. Our program of martial arts differs from most in that it was developed by both a martial artist and a child psychologist. At RKA Family Karate, we use the Black Belt International Program, and truly put the mental benefits of: Focus, Concentration, Integrity, Determination, etc. back into the martial arts. Our program has been tested and is still being tested everyday by the hundreds of schools using the Black Belt International Program around the world. Little Dragons (for ages 4 – 6) is held on: Mondays & Wednesdays from 4:00–4:30pm, Tuesdays & Thursdays from 5:20–5:50pm, Fridays from 3:30-4:00pm and Saturdays from 9:30-10:00am. Kickin' Kids (For ages 7 through 12) is held on: Mondays & Wednesdays from 4:30-5:10pm, Tuesdays & Thursdays from 5:50-6:30pm, Fridays from 4:00-4:40pm and Saturdays from 10:00-10:40am. All classes are 8 weeks long and are designed to take your child through their first two belts of our system. The classes will be held at RKA Family Karate located at 8 Roosevelt Place in Somerville. Cost: \$70.00 for one class a week or \$125.00 for two classes a week. Participants are required to purchase a uniform for \$30.00 (this is a discounted price for our Bridgewater-Raritan residents, a 40% savings!) All checks made payable to "RKA Family Karate". Dates: Session 1 September 6, 2005 – October 29, 2005 Session 2 October 31, 2005 – December 24, 2005 Session 3 January 2, 2006 – February 25, 2006. For more information about RKA Family Karate visit www.somervillekarate.com. Registration through Bridgewater Recreation.

Tiny Tigers – New Program!

RKA Family Karate is now offering a class for children ages 2 & 3. It is a parent/child interactive class. Your child will play, run and roll using the martial arts equipment to help develop balance and coordination. Classes are offered Wednesday mornings from 10:45am – 11:15am and Saturday mornings from 9:30am – 10:00am. This is a great class to help your toddler develop an interest in the martial arts while you work and train along side of them. Cost for this program is only \$99.00 for 8 weeks (1 class per week) and includes a FREE uniform for your child. Dates: Session 1 September 6, 2005 – October 29, 2005 Session 2 October 31, 2005 – December 24, 2005 Session 3 January 2, 2006 – February 25, 2006. For more information about RKA Family Karate visit www.rkafamilykarate.com. Registration through Bridgewater Recreation.

Pee-Wee Outdoor Lacrosse Clinic

Expose your child to America's first and fastest growing sport. These four sessions are designed to teach boys and girls the fundamentals of this fast-paced and exciting game. This is a non-contact program and no equipment is necessary. In addition, this program also stresses the importance of teamwork and good sportsmanship. For boys 4 years old to 1st grade and girls 4 years old to 2nd grade. The program runs on Saturday, September 17, 24, October 1 and 8, 2005 from 4:00 to 5:00pm at the John Basilone Memorial Field. In case of inclement weather, the makeup date will be October 15, 2005.



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Cost \$40.00 for Bridgewater-Raritan participants who need to purchase a lacrosse stick, \$30.00 for participants who already own a stick. Checks made payable to "Bridgewater Lacrosse Inc.". Registration Deadline: Monday, August 15, 2005. For more information contact M.G. Hollingsworth at (732) 764-8896 or check out our website at: www.bridgewaterlacrosse.com. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Boy's Fall Lacrosse

This fall lacrosse program helps the player learn and review skills and tactics of this popular sport through practice and game situations. For boys in grades 2nd to 6th. Program runs Saturday, September 17, 24, October 1, 8, 15, 22 and 29, 2005 from 5:00pm to 6:30pm at the Bridgewater-Raritan High School. The make up raindates will be held on the Sunday following the Saturday that was missed. **Registration Deadline: Friday, September 9, 2005.** Cost \$50.00 Bridgewater residents checks made payable to "Bridgewater Lacrosse Inc.". Each participant (2nd through 6th grade) must have his own lacrosse stick. 2nd through 4th graders can borrow equipment from the Bridgewater Lacrosse Organization; if you wish to borrow equipment, a separate deposit check made payable to "Bridgewater Lacrosse Inc." for \$85.00 is required on the first day of the program which is Saturday, September 17, 2005 (the equipment deposit will be refunded at the end of the season when all equipment is returned). 5th through 8th grade participants must have their own equipment. For more information contact M.G. Hollingsworth at (732) 764-8896 or check out our website at: www.bridgewaterlacrosse.com. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Girl's Spring Lacrosse Program

The Bridgewater Lacrosse Program is a competitive travel program. We teach the fundamentals of girl's lacrosse including the value of teamwork and sportsmanship. This is not an in-town team as we travel a schedule based on teams in our conference. Bridgewater Lacrosse expects a commitment from you and your family to the team. The program is comprised of (3) teams; 3rd & 4th grade team, 5th & 6th grade team and 7th & 8th grade team. Practice begins indoors in March once per week evenings at the Bridgewater Raritan Middle School Gym. Practice and games begin in April outdoor, at the Bridgewater Raritan Middle School Girls Lacrosse Field, on Tuesday and Thursday evenings and Saturday. The season ends in mid-June. Volunteers are needed! Our biggest need is coaching. The New Jersey Junior Lacrosse League provide formal training as well as in-house training from our existing coaches in our program. Please consider being a volunteer coach. As is with all Bridgewater Programs background checks and Rutgers Certification is required. Cost: \$65.00 for 3rd & 4th graders and \$100.00 for 5th, 6th, 7th and 8th graders. All players must have a girls lacrosse stick, goggles, and mouth guard. **Registration deadline: Friday, December 16, 2005.** Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Boy's Spring Lacrosse Program

The fundamentals and tactics of boy's lacrosse will be taught. The coaching staff will also be stressing the importance of teamwork and good sportsmanship. This program is for boys in grades 2, 3, 4, 5, 6, 7 & 8. Practices will be held Monday through Friday from 6:00pm to 7:30pm. There will be two practices a week with Saturday games and some games on a weeknight. Note: the 2nd grade program is a non-contact in-town program that requires some out of town traveling. The 3rd, 4th, 5th, 6th, 7th & 8th grade program will have home and away games against neighboring towns – expect to travel. Games will be held on Saturday mornings and some weekdays. This program starts in early March of 2006 with a mandatory parents/participant meeting at a location to be determined and concludes in mid-June. **Registration Deadline: Friday, December 16, 2005** by 5:00pm at the Recreation Department. Cost \$100.00 for Bridgewater-Raritan residents checks made payable to "Bridgewater Lacrosse, Inc.". The cost includes registration fee, US Lacrosse membership and supplemental insurance, and a uniform. Each participant (2nd through 8th grade) must have his own lacrosse stick. 2nd through 4th graders can borrow equipment from the Bridgewater Lacrosse Organization; if you wish to borrow equipment, a separate deposit check made payable to "Bridgewater Lacrosse Inc." for \$85.00 is required at the mandatory parent/participant meeting (the equipment deposit will be refunded at the end of the season when all equipment is returned). 5th through 8th grade participants must own their own equipment. A presentation will be given by a reputable sporting goods company to assist



Pre-School & Youth Programs

Softball Clinic (3rd to 8th Grade)

Sandy Baranowski Bridgewater-Raritan High School Girls Varsity Head Coach will help teach girls the basic fundamentals of softball. Infield skills, covering bases, position play, bunting and hitting. For girls in grades 3, 4 & 5: Tuesdays, January 3, 10, 17, 24, 31 and February 7, 2006 (make-up February 21, 2006). For girls in grades 6, 7 & 8: Thursdays, January 5, 12, 19, 26, 2, & 9, 2006 (make-up February 16, 2006). Time for both grades is 4:00 – 5:30pm at the Adamsville School Gym. Cost \$35.00 Bridgewater-Raritan residents checks made payable to "Sandy Baranowski". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Sport Stacking (3rd – 8th grades) – New Program!

What is Sport Stacking? Sport stacking is an exciting individual and team sport where participants stack and unstack 12 specially designed plastic cups (Speed Stacks) in pre-determined sequences. Tom Lembrich, one of Bridgewater's physical education teachers for over thirty-six years, will teach this new and exciting program. Location is at Bradley Gardens School. Program runs Mondays, October 3, 10, 17, 24 and November 7, 2005 (no class on Monday, October 31, 2005). Cost \$30.00 Bridgewater residents, \$35.00 Raritan residents. Raritan residents are welcome to register for this program but will only be accepted into the program after all Bridgewater residents have been accommodated; if Raritan residents are not taken checks will be returned. Each participant will receive his or her own set of cups. Space is limited, registration is based on a first come, first serve basis at the Bridgewater Recreation Department.

Speed and Agility

This program is designed to increase speed, quickness, agility and power for all youth athletes. By working on the proper BioMechanics of running, athletes will not only see an increase in speed and agility but endurance as well. For boys and girls age 7 to High School. Session #1 Mondays, September 19, 26, October 3, 10, 17, 24, November 7 & 14, 2005; 4:00pm for High School, 5:00pm ages 7 to 11, 6:00pm for ages 12 and older. Thursdays, September 22, 29, October 6, 13, 20, 27, November 3 & 17, 2005; 4:00pm for High School. Saturdays, September 17, 24, October 1, 8, 15, 22, 29 & November 5, 2005; 10:00am ages 7 to 11, 11:00am Middle School and High School. Session #2 Mondays, November 21, 28, December 5, 12, 19, 2005, January 2, 9 & 16, 2006; 4:00pm High School, 5:00pm ages 7 to 11, 6:00pm ages 12 and older. Thursdays, December 1, 8, 15, 22, 2005, January 5, 12, 19 & 26, 2006; 4:00pm for High School. Saturdays, November 19, 26, December 10, 17, 31, 2005, January 7, 14 & 21, 2006; 10:00am ages 7 to 11, 11:00am Middle School and High School. Session #3 Mondays, January 23, 30, February 6, 13, 20, 27 & March 6 & 13, 2006; 4:00pm for High School, 5:00pm ages 7 to 11, 6:00pm for ages 12 and older. Thursdays, February 2, 9, 16, 23, March 2, 9, 16 & 23, 2006; 4:00pm for High School. Saturdays, January 28, February 11, 18, 25, March 4, 11, 18 & 25, 2006; 10:00am ages 7 to 11, 11:00am Middle School and High School. All sessions are held for eight weeks from 5:00pm to 6:00pm for 10 to 12 year olds and 6:00pm to 7:00pm for 12 to 16 year olds at Soccer Centers in Somerset, NJ just a half mile off exit 12 of Route 287. Cost \$200.00 for one session/week, \$380.00 for two sessions/week, \$550.00 for three sessions/week for Bridgewater Residents. Additional \$20.00 for non-Bridgewater residents. Checks made payable to "Soccer Centers". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. For more information about Soccer Centers visit www.soccercentersnj.com.

Sportsmetrics - Injury Prevention for Female Athletes – New Program!

Mark Nagle of Belle Mead Physical Therapy, a certified instructor of Sportsmetrics, will be conducting a 6-week training program for injury preventiveness. The course, designed by the Cincinnati Sportsmedicine Research Foundation, will help reduce serious knee injuries in female athletes. Serious knee ligament injury occurs 2 to 10 times more frequently (depending upon the sport) in female athletes than male ones. This program combines stretching, strength training and jump training to reduce injury. The sessions meet on Monday and Wednesday each week from 7:00pm to 8:30pm at Soccer Centers in Somerset. Session Dates: September 21, 26, 28, October 3, 5, 10, 12, 17, 19, 24 & November 2, 2005. (No class on October 31, 2005.) Cost: \$250.00. Checks made payable to "Mark Nagle". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.



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games session 12:15pm to 3:00pm, \$30.00. Skills training session 9:00am to 11:15am, \$30.00. Dates are as follows: October 4, 13, 10, November 11, 2005, January 2, 16 and February 20, 2006. Week long sessions available December 26, 2005 to December 30, 2005 and April 10, 2006 to April 14, 2006 for \$225.00/week or per day/per session pricing see above. Checks made payable to Soccer Centers. Soccer Centers is located in Somerset, NJ just a half mile off exit 12 of Route 287. Registration through Bridgewater Recreation. For more information visit www.soccercentersnj.com.

Little Kickers

This program is designed for children between the ages of 3 and 6 and introduces them to the fundamentals of soccer. Each week USSF licensed trainers will introduce different games to the players that help them learn the basics of the sport while keeping the emphasis on fun. Session #1: Tuesdays 10:00am to 11:00am, November 22, 29, December 6, 13, 20, 2005, January 3, 10 and 17, 2006 (make up January 24, 2006). Fridays 12:00pm to 1:00pm, November 4, 18, December 2, 9, 16, 23, 2005, January 6 and 13, 2006 (make up January 20, 2006). Saturdays 8:00am to 9:00am, November 5, 12, 19, December 3, 10, 17, 2005, January 7 and 14, 2006 (make up January 21, 2006). Session #2: Tuesdays 10:00am to 11:00am, January 31, February 7, 14, 21, 28, March 7, 14 and 21, 2006 (make up March 28, 2006). Fridays 12:00pm to 1:00pm, January 27, February 3, 10, 17, 24, March 3, 10 and 17, 2006 (make up March 24, 2006). Saturdays 8:00am to 9:00am, January 28, February 4, 11, 18, 25, March 4, 11 and 18, 2006 (make up March 25, 2006). Session #3: Tuesdays 10:00am to 11:00am, April 4, 18, 25, May 2, 9, 16, 23 and 30, 2006. Fridays 12:00pm to 1:00pm, March 31, April 7, 21, 28, May 5, 12, 19 and 26, 2006. Saturdays 8:00am to 9:00am, April 1, 15, 22, 29, May 6, 13, 20 and June 3, 2006. All classes are held at Soccer Centers (300 Memorial Drive) in Somerset, NJ just a half mile off exit 12 of Route 287. Cost \$90.00 checks made payable to "Soccer Centers". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department. Out of Town residents are welcome to register for this program but will only be accepted into the program after all Bridgewater residents have been accommodated; if non-residents are not taken, checks will be returned. For more information about Soccer Centers visit www.soccercentersnj.com.

Indoor Winter Recreation Soccer League

For children in kindergarten, 1st, 2nd and 3rd grades. Saturdays from 2:00pm to 6:00pm, Saturdays, November 19 to December 17, 2005. Five week session. Games will be played each week at Soccer Centers. Players may sign up individually or as a team and all players will be grouped according to age. Each team plays one - 50 minute game each week. Players also receive t-shirts. All sessions are held at Soccer Centers (300 Memorial Drive) in Somerset, NJ just a half mile off exit 12 of Route 287. Cost \$75.00/player and \$720.00/team. Checks made payable to "Soccer Centers". Registration through Bridgewater Recreation. For more information about Soccer Centers visit www.soccercentersnj.com.

Softball Clinic (Pitching)

This pitching clinic is for girls who are new to the fast pitch game of softball and want to learn how to pitch or for those who desire to improve their current fast pitch skills. Group and individual attention will be given to all participants. Kelly Schwertfeger, who pitched for Bridgewater-Raritan High School East and NCAA Division I Softball at Seton Hall University, will help girls to learn, improve and polish all pitching styles. Mondays for 3rd, 4th & 5th graders January 9, 23, 30, February 6, 13 and 27, 2006. (Make up date March 6, 2006). Wednesdays for 6th, 7th & 8th graders January 4, 11, 18, 25, February 1 and 8, 2006. (Make up date February 15, 2006). From 4:00-5:30pm at Adamsville School gym. Cost \$60.00 Bridgewater-Raritan residents checks made payable to "Kelly Schwertfeger". Note class time and dates could change pending registration. Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Softball Clinic (k, 1st & 2nd Grade)

That's right girls – come and learn the fundamentals of softball that will carry you through your softball career. Get a jump-start on the season and learn from Bridgewater-Raritan High School Varsity Head Coach Sandy Baranowski. For girls in kindergarten, 1st and 2nd grade. Session #1: Tuesday, February 21 and Thursday, February 23, 2006. Time 4:00-5:30pm or 5:30 to 7:00pm at the Adamsville School. Cost \$20.00 per session Bridgewater-Raritan residents checks made payable to "Sandy Baranowski". Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.



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participants in purchasing lacrosse equipment (information will be available to participants prior to the start of the program). For more information call Boy's Lacrosse Coordinator M.G. Hollingsworth at (732) 764-8896 or visit www.bridgewaterlacrosse.com. Space is limited; registration is based on first come first serve. Out of town residents are welcome to register for this program but will only be accepted into the program after all Bridgewater residents have been accommodated; if non-residents are not taken, checks will be returned.

Manners Matter

Manners Matter Workshop is for boys and girls ages 7 to 12 years old. Kerry Preston, a professional speaker and trainer, whose mission is to deliver character education and build positive self-esteem, developed this two-hour course. The program will introduce students to the do's and don'ts of everyday etiquette and dining etiquette. The format of this class is fun and interactive with lots of role playing, allowing the students to practice their new skills, covering such topics as telephone skills, introductions and party manners. This course will provide children with the tools needed to properly handle today's real life social situations. Course to be held at Bridgewater Municipal Courtroom on Saturday, October 8, 2005. Two sessions will be offered; one from 9:00am to 11:00am and one from 11:00am to 1:00pm. Cost \$25.00 payable to "KP Consulting" and mailed to P.O. Box 457, Annandale, NJ 08801 by Friday, September 30, 2005. Registration forms available at the Recreation Department. Space is limited; registration is based on first come first serve.

Roller Hockey

Here is a chance to participate in the fastest growing sport in the United States. Games will be played at one of the three facilities located in Bridgewater (Chimney Rock Park, Harry Ally Memorial Park and Milltown Roller Rink). For Bridgewater-Raritan Residents - boys and girls ages 5 to 15 (as of 4/1/05) boys and girls play together. Divisions: Mite 5, 6, 7 & 8 years old, Squirt 9 & 10 years old, Pee-Wee 11 & 12 years old and Bantam 13, 14 & 15 years old. Age groups determined on age as of 4/1/05. Age groups subject to change depending on number of registrations. We understand that some participants play in different divisions due to ability. Please register them for the proper division based on age, changes will be made by the commissioners. All players are required to provide and use the following equipment: certified hockey helmet with chin strap and full face protection, mouth piece, elbow pads, hockey gloves, knee and shin protection, protective cup (males), roller blades and hockey stick. Teams from the Spring 2005 season will stay the same. New participants will be drafted onto existing teams. New players will be required to attend an In-Line Hockey Clinic/Skills assessment, which will be the weekend of September 10, 2005. More information will be forthcoming. Games will be played on Saturday and Sunday afternoons and occasionally on weeknights starting in mid September and continuing until mid November. Cost \$40.00 Bridgewater residents and \$45.00 Raritan residents. **Registration Deadline: Monday, August 15, 2005.** Registration after deadline will result in child being placed on a waiting list with no guarantees of being placed on a team or receiving a Jersey. If not placed on a team, registration fee will be returned. Any registration received by the Recreation Department after 5:00pm on Monday, August 15, 2005 will be considered late. Note: In order for this popular program to continue, coaches are desperately needed. Please indicate on your child's registration form that you are willing to coach. If you do not have any children in the program and would like to dedicate your time, please call the Recreation Department at (908) 725-6373. All Bridgewater Recreation coaches must be both Rutgers Certified and KidSafe Safety Background checked. Please read further in brochure for more information on these two certifications.

Ski – ages 8 to 8th grade!

Bridgewater-Raritan residents only – space is limited! Our program offers six Saturdays of downhill excitement at Shawnee Mountain. For boys and girls ages 8 to 8th grade. Buses will leave the John Basilone High School parking lot at 6:30am and return at 4:00pm. Ski dates are Saturdays, January 7, 14, 21, 28, February 4 & 11, 2006. In case of inclement weather, make up dates will be Saturdays, February 18 and 25, 2006. Ski options - lift only \$225.00; lift & ski rental \$275.00; lift & (5) ski lesson \$270.00; lift, ski rental & (5) ski lesson \$320.00; lift & (3) ski lesson \$252.00; lift, ski rental & (3) ski lesson \$302.00. Snowboard options – lift only \$225.00; lift & board rental \$300.00; lift & (5) board lesson \$295.00; lift, board rental & (5) board lesson \$370.00; lift, (3) board lesson \$267.00; lift, board rental & (3) board lesson \$342.00. Check or money order only, separate checks for each participant,



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made payable to "Shawnee Mountain". Sorry, no cash will be accepted for payment. No refund after registering. **Registration Deadline: Wednesday, October 26, 2005.** Mail-In registration for your convenience until Friday, October 14, 2005 due to limited space, after 10/14/05 you must come In-Person to the Recreation Department to register on a first come first serve basis. Need a helmet? Contact Shawnee Mountain Group Sales at (570) 421-7231 ext. 233 or visit www.shawneemt.com. to receive a discounted price.

SmartSitter

SmartSitter is a hands on, safety based program designed to teach young people, ages 11 to 16, the many skills of becoming a great babysitter. SmartSitter's extensive curriculum, taught by registered nurses, covers the care of infants through school age children (diapering, feeding, playtime activities, etc.), basic first aid, handling choking emergencies, fire safety and prevention, the business of babysitting and safety for the sitter. Students receive a SmartSitter manual complete with family emergency forms, plus a SmartSitter certificate of completion. SmartSitter graduates leave the program with a wealth of knowledge plus the confidence to be the best babysitter in your community. Sessions to be held at the Bridgewater Municipal Courtroom on Saturday, September 17, November 5, 2005 and January 7, 2006 from 9:00am to 3:00pm. Cost \$45.00, checks made payable to "SmartSitter" and mailed to Smart Group, Inc. P.O. Box 232 Annandale, NJ 08801. Registration forms available at the Bridgewater Recreation Department. Space is limited. One session per participant.

Pre-Season Soccer Day

Get a jump on the Fall Soccer season! Soccer Centers (Somerset, NJ just a half mile off exit 12 of Route 287) will be holding a soccer clinic to get soccer players (1st through 8th grade) back into shape. Coaches and assistant coaches are invited to come and learn more about soccer to become involved. This clinic will include Fast Foot skills, Power Shooting and the use of small-sided games in order to prepare the player for the upcoming season. The clinic will take place on Saturday, September 17, 2005. Times are as follows: 1st and 2nd grade boys and girls – 12:00pm to 1:30pm, 3rd and 4th grade boys and girls – 1:45 to 3:15pm, 5th, 6th, 7th & 8th grade boys and girls – 3:30 to 5:00pm. Times subject to change pending registration. Cost \$15.00 checks made payable to "Soccer Centers". **Registration Deadline: Monday, August 15, 2005.** Registration through Bridgewater Recreation. For more information visit www.soccercentersnj.gov.

In-Town Soccer – New Registration Process!

Kindergarten Soccer is for all Bridgewater-Raritan resident boys and girls going into kindergarten (2004/2005 school year). On Saturday afternoons the kindergarten soccer games for Bridgewater Recreation will be at Soccer Centers in Somerset! To get to Soccer Centers take I-287 to exit 12 at the end of the ramp make a left onto Weston Canal Road, at the first light make a left onto Cottontail Lane, go 7/10 of a mile and make a right onto Memorial Drive, Soccer Centers will be ahead at the end of the street - 300 Memorial Drive. What is Soccer Centers? It is the largest state of the art bubble of its kind in the tri-state area. A turf surface encompasses a total of 44,000 square foot area of playing space. At Soccer Centers our eight (8) week program will expose our kindergartners to non-competitive instructional games with training designed by Soccer Centers "European Level I" trainers. Trainers and coaches will work with the players during games assisting them in learning positions and maintaining spacing. Both coaches and players will have a better understanding of soccer, creating a foundation for future growth. Games will never get canceled due to weather conditions and played anywhere from 12:00pm to 5:00pm.

1st Grade Soccer (new format for this year!) is for all Bridgewater-Raritan resident boys and girls currently in 1st grade (2005/2006 school year). On Saturday mornings the 1st grade soccer program will take place at Adamsville School (Route 28/Union Ave.). The trainers from Soccer Centers will be on hand to referee games, site supervise, work with the participants and coaches to further their soccer skills and knowledge! Games are Saturdays anywhere from 8:30am to 2:00pm.

Grades 2nd to 8th Soccer is for all Bridgewater-Raritan resident boys and girls currently in 2nd grade to 8th grade (2005/2006 school year). Games are on Saturdays anywhere from 8:30am to 2:00pm games will be played in Bridgewater Township and neighboring towns.

General Information for all grades of soccer... Program Fees - kindergartner program \$50.00 for Fall Season, \$100.00 for both Fall & Spring Season (\$105.00 late) checks payable to "Soccer Centers". 1st



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Grade program Bridgewater residents \$35.00 (\$45.00 late) and Raritan residents \$40.00 (\$50.00 late) for Fall Season, Bridgewater residents \$70.00 (\$80.00 late) and Raritan residents \$80.00 (\$90.00 late) for both Fall & Spring seasons. 2nd to 8th Bridgewater residents \$30.00 (\$40.00 late) and Raritan residents \$35.00 (\$45.00 late) for Fall season, Bridgewater residents \$60.00 (\$70.00 late) and Raritan residents \$70.00 (\$80.00 late) for both Fall and Spring seasons. Checks payable to "Bridgewater Township". If registering more than one child, separate checks and forms are required. **Registration Deadline:** For both seasons - Monday, August 15, 2005, for Fall Only - Monday, August 15, 2005, for Spring Only - Monday, March 6, 2006. Any registration received by the Recreation Department after 5:00pm on above deadlines will be considered late. The registration will be placed on a waiting list with no guarantees of being placed on a team or receiving a shirt. If not placed a refund will be issued. Fall Game Dates are Saturdays, September 24, October 1, 8, 15, 22, 29, November 5 & 12, 2005 (only if a whole Saturday of games is rained out will the 1st to 8th graders play on Saturday, November 19, 2005, Kindergarten soccer never gets rained out). Spring Games Dates are Saturdays, April 22, 29, May 6, 13, 20, June 3, 10 & 17, 2006 (no soccer on May 27th). Practices for all grades take place during the week anywhere from 3:30pm to 7:30pm beginning the third week of September for the Fall season and the second week of April for the Spring season. All practices will be held outdoors in the Bridgewater area. They are scheduled by the availability of the volunteer coaches and fields, expect to travel. Participants will be contacted via their coach regarding program information prior to practices. Teams are formulated by the Recreation Department. Boys and girls play on separate teams. Once child is placed on a team, there will be no switching for that season for any reason. Participants are not allowed to play in both In-Town and Traveling soccer. If there is a problem during the season with a coach, contact Recreation immediately to handle the issue. Equipment reversible mesh-shirts for grades 1st to 8th and t-shirts for kindergarten soccer are issued by the Recreation Department in the Fall and are to be worn in the Fall and Spring seasons. Requirement of the participants: shorts, shin guards, ball (*appropriate ball size - #3 for kindergarten, first & second; #4 for third & fourth and #5 for fifth, sixth, seventh & eighth grades*), cleats for grades 1st to 8th and sneakers only for kindergartners. Please note: Participants are prohibited from wearing jewelry, earrings or casts while taking part in any recreational program.

Soccer Kids

Registration through the Mc Loughlin School of Soccer (908)766-6675 or www.soccer-kids.com. A detailed flyer is available at the Recreation Office on or after Thursday, August 4, 2005. Soccer classes are taught by the Mc Loughlin School of Soccer staff and run for seven weeks. Classes cost \$90.00 for Bridgewater-Raritan residents, per child, check payable to "Mc Loughlin Soccer". All classes are held at Crim Fields. (unless otherwise stated). **TYPES OF CLASSES:** Parent-Child: A fun introductory class for 3 and 4 year olds, participating with a parent. Children must be born before 9/1/02. Classes are held on Tuesdays at 10:00am and 4:45pm* and Saturdays at 11:15am*. Kiddie Soccer: An enjoyable starter class for children three and a half years old who are ready to learn how to play soccer without Mom or Dad. Children must be born before 3/1/02 to participate. Classes are held on Tuesdays at 1:30pm and 4:00pm, Fridays at 1:30pm and Saturday at 10:30am*. Soccer Kids: A nationally known, fun filled soccer program is for four and five year old boys and girls. Children gain confidence with a soccer ball through a variety of games while having a good time. Children must be born before 9/1/01 to participate. Classes are held on Tuesdays at 10:00am, 12:45pm, 1:30pm and 4:00pm*; on Wednesdays at 12:45pm or 1:30pm; on Fridays at 12:45pm and Saturdays at 9:00am* or 9:45am*. *These classes are held at Duke Island Park. Class Dates: Tuesdays, September 20, 27, October 11, 18, 25, November 1 & 8, 2005. Wednesdays, September 21, 28, October 5, 12, 19, 26 and November 2, 2005. Fridays, September 23, 30, October 7, 14, 21, 28 and November 4, 2005. Saturdays, September 24, October 1, 8, 15, 22, 29 and November 5, 2005.

Holiday Soccer Camps

Soccer Centers holds a full or half day program for players of every skill level. Players will be introduced to small-sided soccer games in which teams are rotated and changed every 15 minutes. Players will compete against one another and awards given out for each age group winner based on the individual's accomplishments. For those that sign up for the full day program, based on their age, the competition will be preceded or followed by a training session. Ages U7 to U11- games session 9:00am to 11:45am, \$30.00. Skills training session 12:45pm to 3:00pm, \$30.00. Ages U12 to U14